MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

School Breakfast Program and National School Lunch Program Meal Pattern Requirements

Maine Department of Education

Objectives

- Identify the meal components and serving size requirements for the NSLP & SBP
- Learn how to credit the meal components to ensure the meal pattern for each grade group is met
- Define nutrient standards in relation to the meal pattern requirements for the NSLP & SBP
- Learn how to plan a menu for the SBP/NSLP

Maine Department of Education

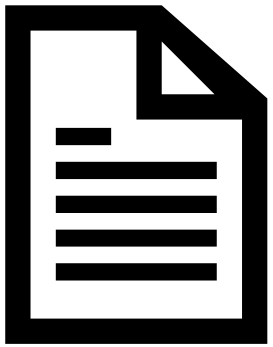
Key Terms

- **Food Based Menu Planning (FBMP):** Uses meal patterns and grade groups as a guide for planning meals based on food components.
- **Meal Component:** One of the five required food groups for reimbursable meals.
- **Reimbursable Meal:** A single meal unit that offers a student all the daily required meal components in the required amounts
- **Creditable Food:** a food that counts toward a meal component requirements
- **Crediting:** the process used to determine if a food item is creditable (counts as a meal component)

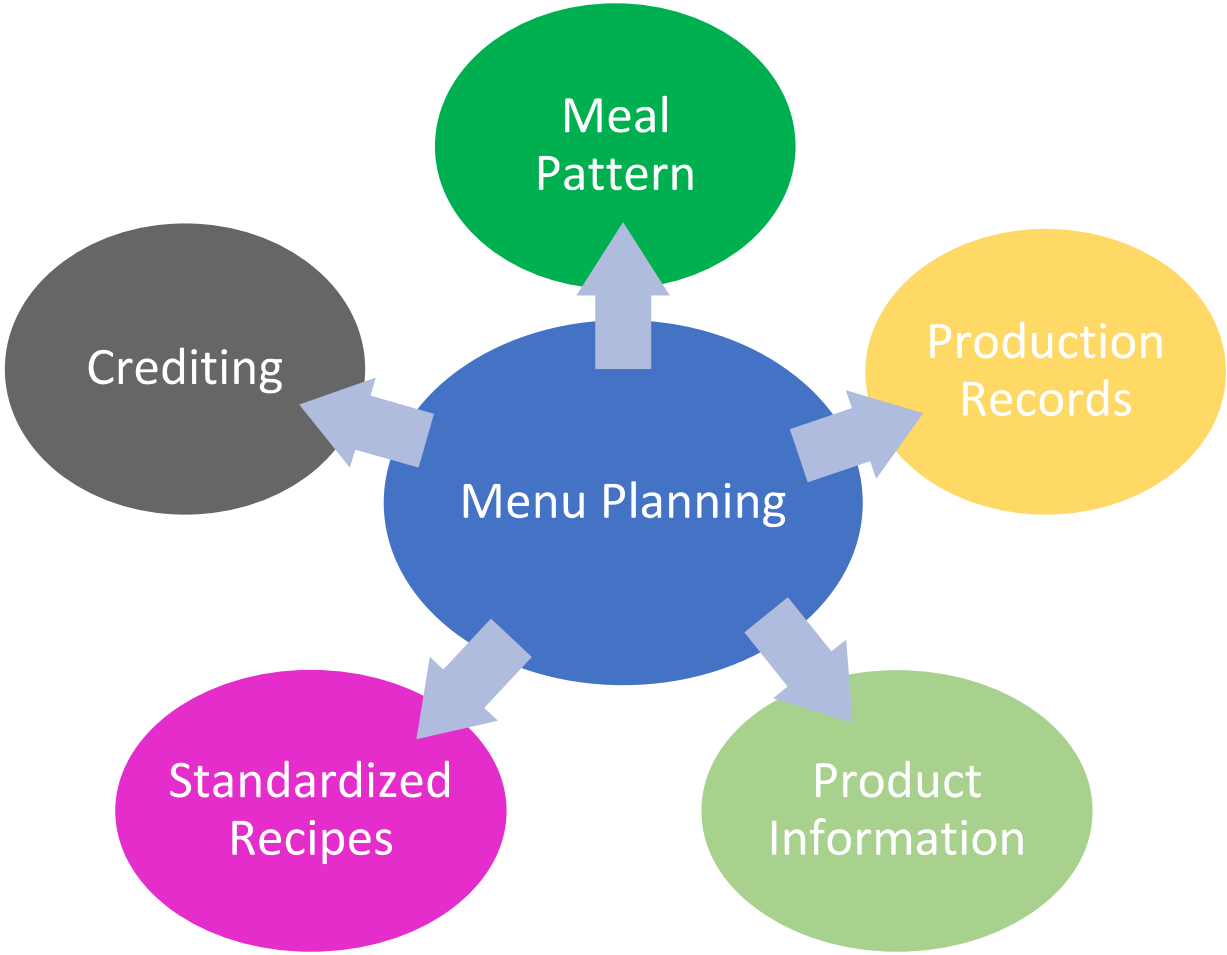
Maine Department of Education

Handouts

- Key Terms & Definitions
- NSLP Meal Pattern
- NSLP Quick Guide
- SBP Meal Pattern
- SBP Quick Guide
- Vegetable Subgroups
- FBG Exhibit A Grain Chart



Maine Department of Education


Meal Pattern
Crediting
Production Records
Menu Planning
Standardized Recipes
Product Information

Food Based Menu Planning

Meal Components:

- Milk
- Fruits
- Vegetables
- Grains
- Meats/Meat Alternates

Maine Department of Education

Dietary Specifications

CALORIC RANGES

SODIUM LIMITS

SATURATED FAT LIMITS

ADDED SUGAR LIMITS

Maine Department of Education

Dietary Specifications: Caloric Ranges

- Based on a 5-Day Average

	K-5	6-8	9-12
Breakfast Average Calories	350-500	400-550	450-600
	K-8 400-500		
Lunch Average Calories	550-650	600-700	750-850
	K-8 600-650		

Maine Department of Education

Dietary Specifications: Sodium

- Maximum allowable amount **when averaged for a 5-day week**
- Current limits are in place through SY 2027

	K-5	6-8	9-12
Breakfast	≤540 mg	≤600 mg	≤640 mg
Lunch	≤1110 mg	≤1225 mg	≤1280 mg

Maine Department of Education

Dietary Specifications: Saturated Fat

Calories from saturated fat must not exceed **10%** of calories based on a 5-day average

Dietary Specifications: Added Sugars

- Limits added sugar, not naturally occurring
- Phased in approach:
  - Phase 1: July 1, 2025 – product specific limits on added sugar found in cereal, yogurt and flavored milk
  - Phase 2: July 1, 2027 – overall weekly limits on added sugars
    - <10% of weekly calories form added sugars

Maine Department of Education

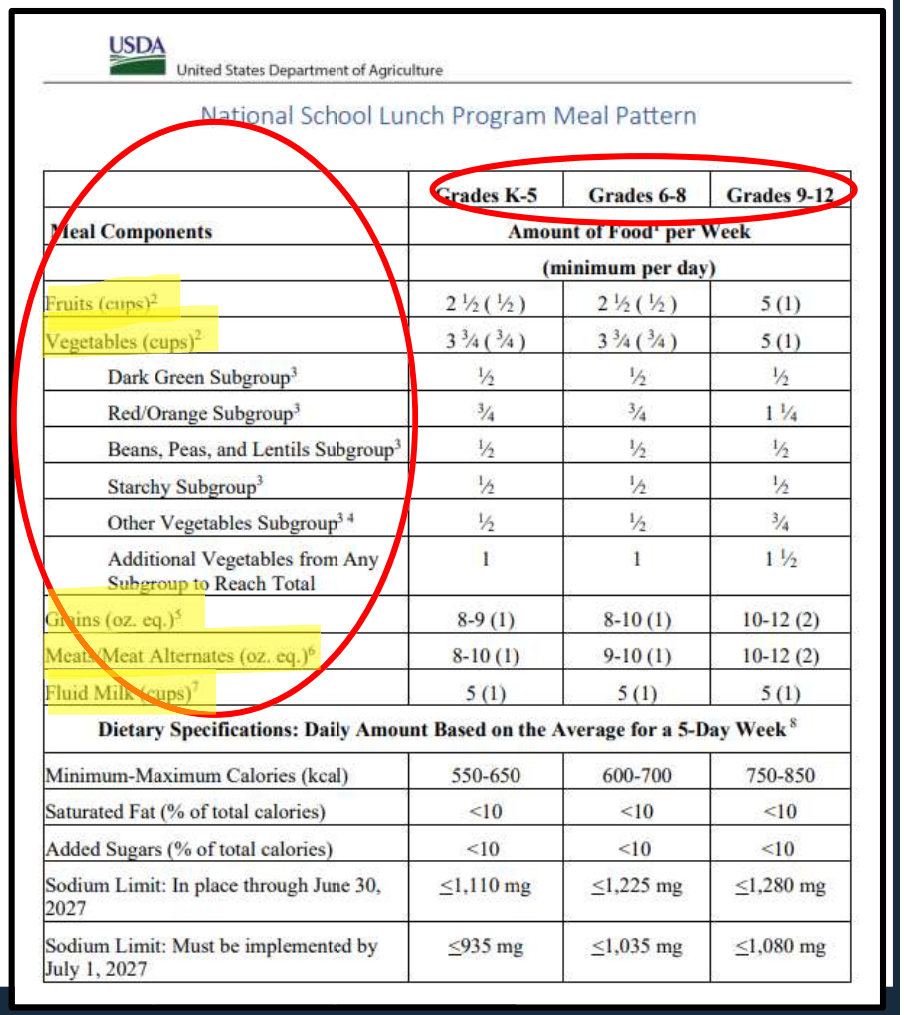
Dietary Specifications: Added Sugars

SY 26 product specific limits		
Breakfast cereals may have no more than 6 grams of added sugar per dry ounce	Yogurt may have no more than 12 grams of added sugar per 6 ounces (2 grams of added sugars per ounce)	Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces

Maine Department of Education

Lunch Meal Pattern

- 5 Food Components
  - Fruit
  - Vegetables
  - Grains
  - Meat/Meat Alternates
  - Milk
- Grade groupings
- Different daily & weekly minimum serving sizes across grade groups



USDA United States Department of Agriculture

National School Lunch Program Meal Pattern

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food[a] per Week (minimum per day)		
Fruits (cups)[2]	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)[2]	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup[3]	½	½	½
Red/Orange Subgroup[3]	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup[3]	½	½	½
Starchy Subgroup[3]	½	½	½
Other Vegetables Subgroup[3 4]	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.)[5]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)[6]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)[7]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[8]			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

Breakfast Meal Pattern

- 3 Food Components
  - Fruit (Vegetable)
  - Grain and Meat/Meat Alternate
  - Fluid Milk
- Grade groupings
- Different daily & weekly minimum serving sizes across grade groups

USDA United States Department of Agriculture

School Breakfast Program Meal Pattern

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food[1] per Week (minimum per day)		
Fruits (cups)[2]	5 (1)	5 (1)	5 (1)
Vegetables (cups)[2]	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq)[3]	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups)[4]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[5]			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

Crediting

- USDA requires foods to meet minimum standards to count toward the meal pattern and a reimbursable meal
- Not all foods are created equal and from a nutrition perspective, count differently

Maine Department of Education

Crediting

- The process of determining how a food item contributes to the meal pattern

  Example: If you want to offer a PB&J Sandwich
  - How much peanut butter needs to be in the sandwich to count towards the ounce equivalent requirement of Meat/Meat Alternate?
  - How much does each slice of bread need to weigh to count towards the ounce equivalents of Grain?

- Important!!! Often, the creditable amount of grain and MMA products will differ from serving size due to additional added ingredients

Maine Department of Education

Tools to Credit Different Foods

- Food Buying Guide
- Nutrition Facts Label
- Exhibit A grain chart
- Child Nutrition (CN) label
- Product Formulation Statement (PFS)
- USDA food fact sheets

Maine Department of Education

Food Buying Guide (FBG)

An interactive USDA tool for Child Nutrition Programs that helps determine how much food to purchase and how a food item contributes (credits) toward meal requirements.

Website & mobile app

Whole & minimally Processed foods

Maine Department of Education

Recognizable Meal Components

Meal components must be recognizable (visible) to allow students to identify the food groups and amounts they are consuming.

Fluid Milk Component

Fluid Milk Component: Breakfast & Lunch

Milk Component	Daily	Weekly
K-5, 6-8, 9-12	1 cup	5 cups

Maine Department of Education

Fluid Milk Requirements

- Must be pasteurized & have vitamin A and D at levels specified by the FDA
- Two (2) different options must be offered at both breakfast & Lunch
  - At least 1 must always be unflavored
  - Lactose-reduced or lactose-free milk may be offered

Maine Department of Education

Fluid Milk Requirements (cont'd)

- Breakfast: 2 levels of milk fat are allowed
  - Fat-free (non-fat, skim)
  - Low-fat (1%)
- Lunch: 4 levels of milk fat are allowed
  - Fat-free (non-fat, skim)
  - Low-fat (1%)
  - Reduced-fat (2%)*
  - Whole*

*The Whole Milk for Healthy Kids Act of 2025 impacted the NSLP only

Maine Department of Education

Flavored Milk and Added Sugar

Flavored milk can contain no more than 10 grams of added sugar per 8 fluid ounces

Maine Department of Education

Non-dairy Milk Substitutes – Must Be Nutritionally Equivalent

- Option to offer a fortified nondairy alternative to all students
  - Must meet USDA's nutrition standards 7 CFR 210.10(d)(2)(ii) (same nutrient profile as cow's milk)
  - Other plant-based beverages (oat, rice, almond "milk") are not allowable
  - No longer required to have a written request
- This is not a requirement!

Maine Department of Education

Non-dairy Milk Substitute Required Nutrition Standards

7 CFR 210.10(d)(2)(ii)

Nutrient	Requirement per Cup (8 fl oz)
Protein	8 gm
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg

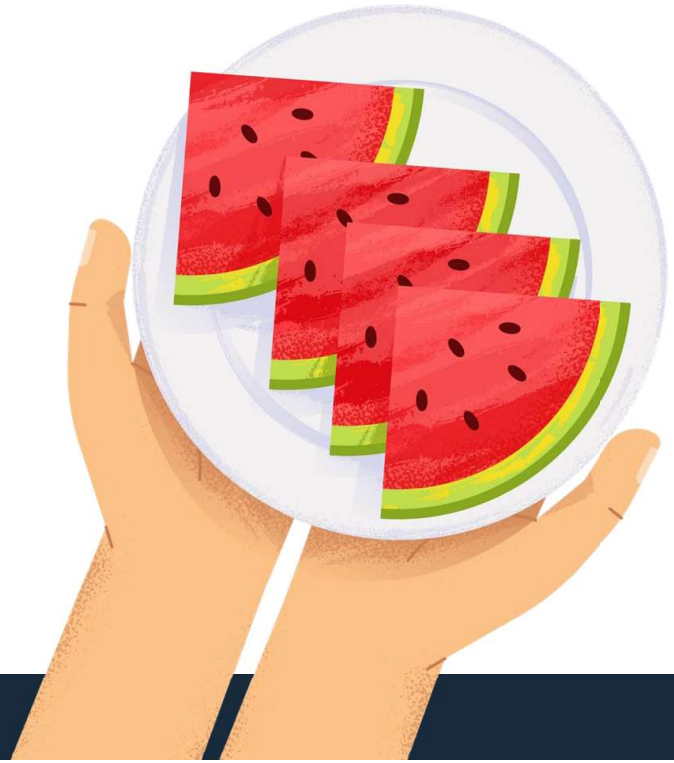
Maine Department of Education

Non-dairy Milk Substitutes for Disability Accommodation Requests

- Previously, schools, on receipt of a medical statement from a State-licensed health care professional or registered dietitian, were required to provide a substitute for fluid milk for students whose disability restricts their diet.
- Effective immediately, a parent or legal guardian may also provide this medical statement to request a fluid milk substitute at school lunch.*

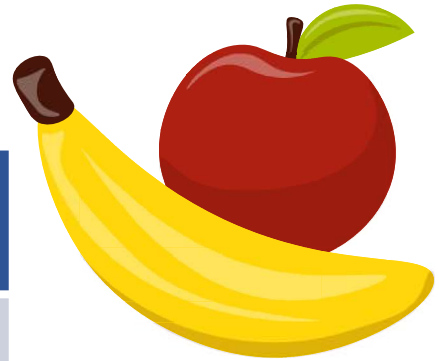
*New! The Whole Milk for Healthy Kids Act of 2025

Fruit Component



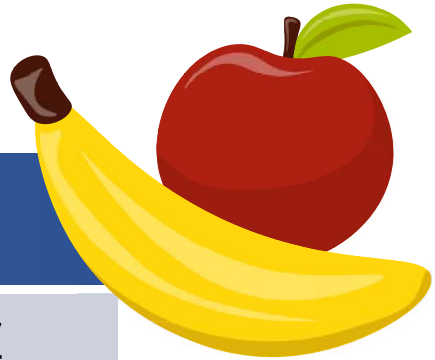
Maine Department of Education

Fruit Component: Lunch



Fruit (cups)		
	Daily	Weekly
Grades K-5,6-8	½ cup	2 ½ cups
Grades 9-12	1 cup	5 cups

Fruit Component: Breakfast



Fruit (cups)		
	Daily	Weekly
Grades K-5, 6-8	1 cup	5 cups
Grades 9-12	1 cup	5 cups

Note the increased amount offered at breakfast for K-8!

Fruit Component

- Serving size is in cups (volume), not weight (ounces)
- May offer fresh, frozen w/o sugar, canned, dried, or 100% Juice
- Canned - in light syrup, 100% juice, or water
- Dried – credits as double the volume served
  - Serving ¼ cup dried fruits credits toward the meal pattern as ½ cup fruit

Maine Department of Education

Juice

- Must be pasteurized, 100% fruit juice
- Limited to half or less of the fruit choices offered for the week
- Juice does not credit toward the fruit component when used as an ingredient in another food or beverage with the exception of smoothies
- Pureed fruit credits as juice when served in a smoothie

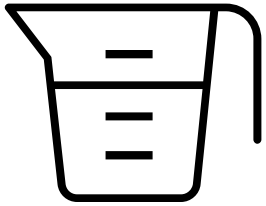
Maine Department of Education

Products that Do Not Credit

- Snack-type fruit products:
  - Fried banana chips
  - Fruit strips
  - Fruit gummies
- Freeze-dried fruit
- Jam, jelly, relish

Crediting Fruit

- What is a half-cup serving?
  - Clementine
  - Kiwi
  - Apple
  - Orange



Food Buying Guide: Clementine

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	CLEMENTINES
Food As Purchased (AP)	**Clementines, fresh** Whole
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	6.00
Serving Size per Meal Contribution	1 whole, peeled clementine (about 3/8 cup fruit)
Purchase Units for 100 Servings	16.70
Additional Information	1 lb AP = 0.86 lb (about 2-1/4 cups) peeled clementine sections
Footnote	

Food Buying Guide: Apple

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	APPLES
Food As Purchased (AP)	**Apples, fresh** 125-138 count Whole, Includes USDA Foods
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	7.40
Serving Size per Meal Contribution ⓘ	1/2 cup raw, unpeeled fruit
Purchase Units for 100 Servings	13.60
Additional Information	1 lb AP = 0.91 lb (3-2/3 cups) ready-to-serve or -cook raw, cored, unpeeled apples; 1/4 cup raw, unpeeled fruit = about 1/4 apple
Footnote	

Food Buying Guide: Oranges

Meal Component	Fruits
Category	Fruit and Fruit Juice
Subcategory	ORANGES
Food As Purchased (AP)	**Oranges, fresh** 138 count, Arizona or California, Whole
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	3.40
Serving Size per Meal Contribution ⓘ	1/2 cup fruit and liquid (about 1 peeled orange)
Purchase Units for 100 Servings	29.60
Additional Information	
Footnote	

Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes	½ cup kiwi	½ cup orange slices	¼ cup craisins	½ cup apple slices
9-12	¼ cup applesauce ¼ cup fruit cocktail	½ cup peaches ½ cup orange wedges	½ cup strawberries ½ cup grapes	½ cup banana 4 oz Orange Juice	¼ cup craisins ½ cup apple slices

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?

Maine Department of Education

Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5 & 6-8	½ cup Grapes **Yes**	½ cup kiwi **Yes**	½ cup orange slices **Yes**	¼ cup craisins **Yes**	½ cup apple slices **Yes**
9-12	¼ cup applesauce ¼ cup fruit cocktail **No**	½ cup peaches ½ cup orange wedges **Yes**	½ cup strawberries ½ cup grapes **Yes**	½ cup banana 4 oz Orange Juice **Yes**	¼ cup craisins ½ cup apple slices **Yes**

Review the fruit options offered for lunch.
Does the amount of fruit offered meet the fruit component criteria for lunch?

Maine Department of Education

Fruit (and Vegetable)Component: School Breakfast Program

- Vegetables may be offered in place of fruit
- If offering vegetables at breakfast 2 or more days/week, must offer from <u>two</u> different vegetable subgroups

Fruit Component Activity: Breakfast

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	½ cup kiwi ½ cup 100% juice	¼ cup raisins ½ cup 100% juice	½ cup home fries ½ cup 100% juice	½ cup 100% juice ½ cup 100% juice	¼ cup blueberries ½ cup 100% juice

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?

Maine Department of Education

Fruit Component Activity: Breakfast

	Yes	Yes	Yes	Yes	No
Breakfast	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
K-12	½ cup kiwi ½ cup 100% juice	¼ cup raisins ½ cup 100% juice	½ cup home fries ½ cup 100% juice	½ cup 100% juice ½ cup 100% juice	¼ cup blueberries ½ cup 100% juice

Review the fruit options offered for breakfast.
Does the amount of fruit offered meet the fruit component criteria for breakfast?

Maine Department of Education

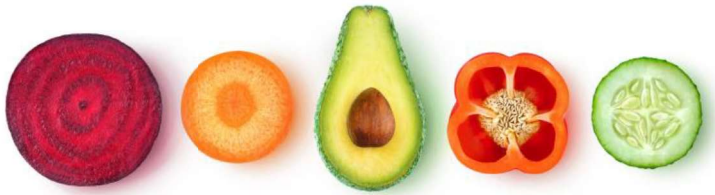
Vegetable Component

Vegetable Component: Lunch

Vegetables (cups)		
	Daily	Weekly
Grades K-5, 6-8	¾ cup	3 ¾ cups
Grades 9-12	1 cup	5 cups

Vegetable Component

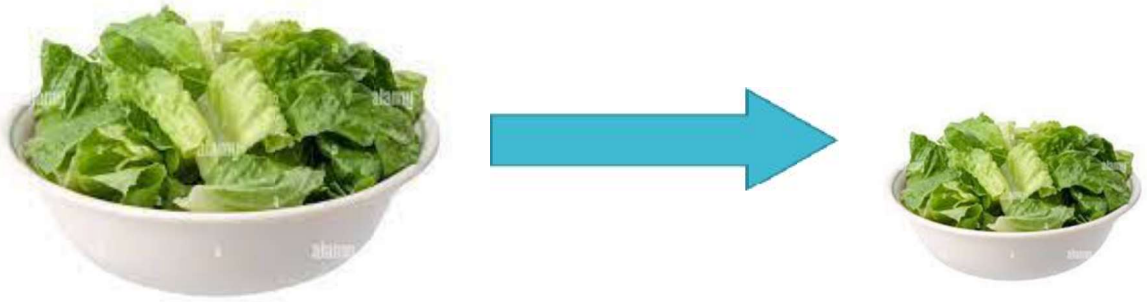
- Serving size is in cups (volume), not weight (ounces)
- May offer fresh, frozen, canned, and 100% juice
- Weekly vegetable subgroup requirements
- Not required at breakfast



Maine Department of Education

Raw Leafy Greens

- Raw leafy greens credit as half the volume served
  - 1 cup credits as ½ cup
  - ½ cup credits as ¼ cup
  - Includes:
    - Lettuce
    - Kale
    - Spinach



1 cup given

½ cup vegetable

Maine Department of Education

Vegetable Subgroups

At lunch, vegetable offerings must reflect a variety over a one-week period

- Dark green
- Red/orange
- Beans, peas, lentils
- Starchy
- Other vegetables

Vegetable Subgroups

Vegetables are nutritional powerhouses! Different vegetables provide different nutrients for good health. To make sure that students receive a variety of vegetables in school meals, the Meal Pattern requires menu planners to offer vegetables from five subgroups: dark green, red/orange, beans and peas, starchy, and other vegetables. The term "additional vegetable" refers to vegetables that help provide weekly totals of the requirement but do not credit toward a subgroup.

Dark Green Vegetables
- Bok choy
- Broccoli
- Collard greens*
- Dark green leafy lettuce*
- Kale*
- Mesclun*
- Mustard greens*
- Romaine lettuce*
- Spinach*
- Turnip greens*
- Watercress*

Red/Orange Vegetables
- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice

Other Vegetables
- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Green bell peppers
- Iceberg (head) lettuce*
- Mixed vegetable juice
- Mushrooms
- Okra
- Onions
- Turnips
- Wax beans
- Zucchini

Starchy Vegetables
- Cassava
- Corn
- Fresh cowpeas, field peas, or black-eyed peas (not dry)
- Green bananas
- Green peas
- Green lima beans
- Potatoes
- Taro
- Water chestnuts

Beans and Peas (Legumes)
- Black beans
- Black-eyed peas (mature, dry)
- Edamame (immature soy beans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans

*Raw leafy greens (including iceberg lettuce) credit for half the volume; ½ cup credits as ¼ cup.

Maine Department of Education

Weekly Vegetable Subgroup Amounts

Grades	K-8		9-12	
	Daily	Weekly	Daily	Weekly
TOTAL VEGETABLE (*cups*)	**¾ cup**	**3 ¾ cups**	**1 cup**	**5 cups**
Vegetable Subgroups	Minimum Weekly Amounts:			
Dark Green		½ cup		½ cup
Red/Orange		¾ cup		1 ¼ cups
Beans/Peas/Lentils		½ cup		½ cup
Starchy		½ cup		½ cup
Other		½ cup		¾ cup
Subgroup Totals		2 ¾ cups		3 ½ cups
Additional Vegetables to Reach Total		1 cup		1 ½ cups

Maine Department of Education

Which Subgroup Do I Belong To?

Dark green

Which Subgroup Do I Belong To?

Red/orange

Which Subgroup Do I Belong To?

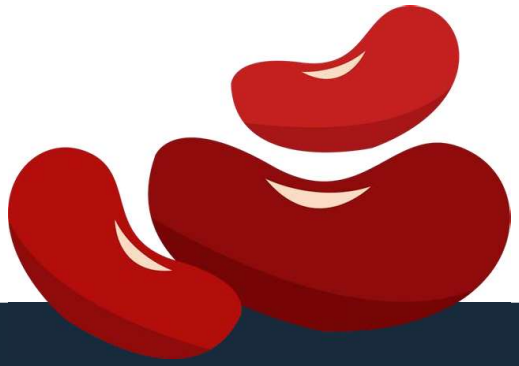
Starchy

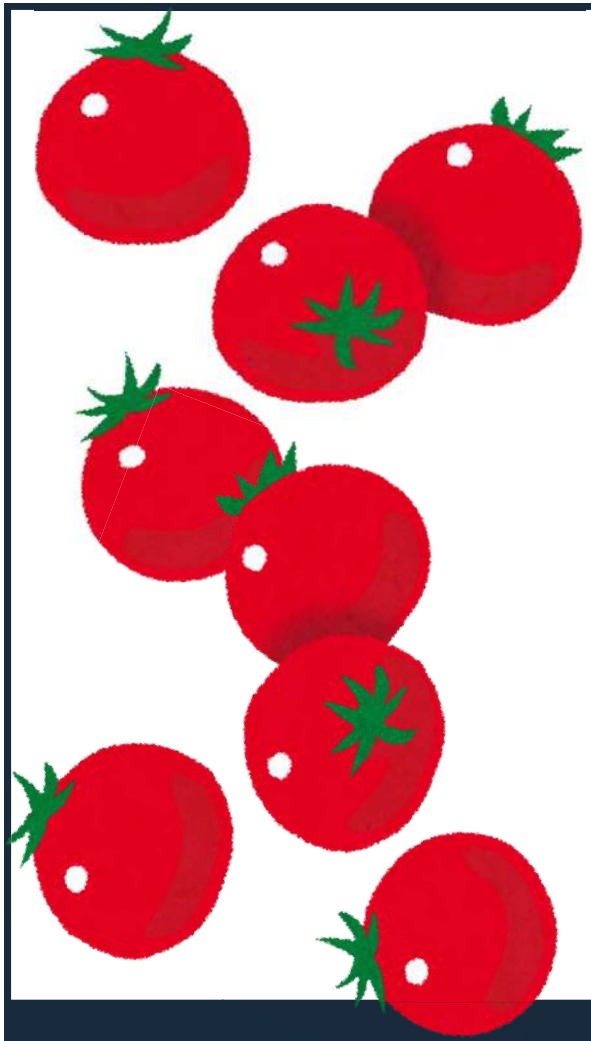
Which Subgroup Do I Belong To?

Dark Green

Which Subgroup Do I Belong To?

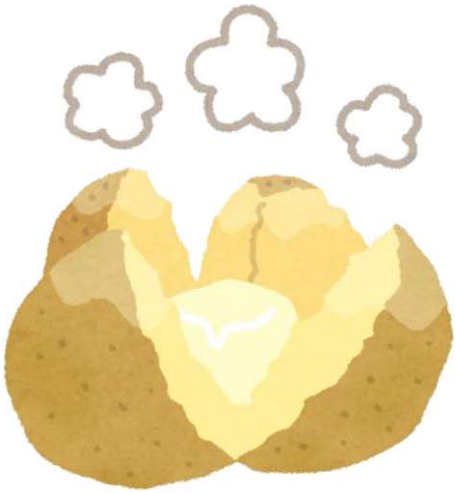
Beans, peas, lentils





Which Subgroup Do I Belong To?

Red/orange



Which Subgroup Do I Belong To?

Starchy

Which Subgroup Do I Belong To?

Beans, peas, lentils

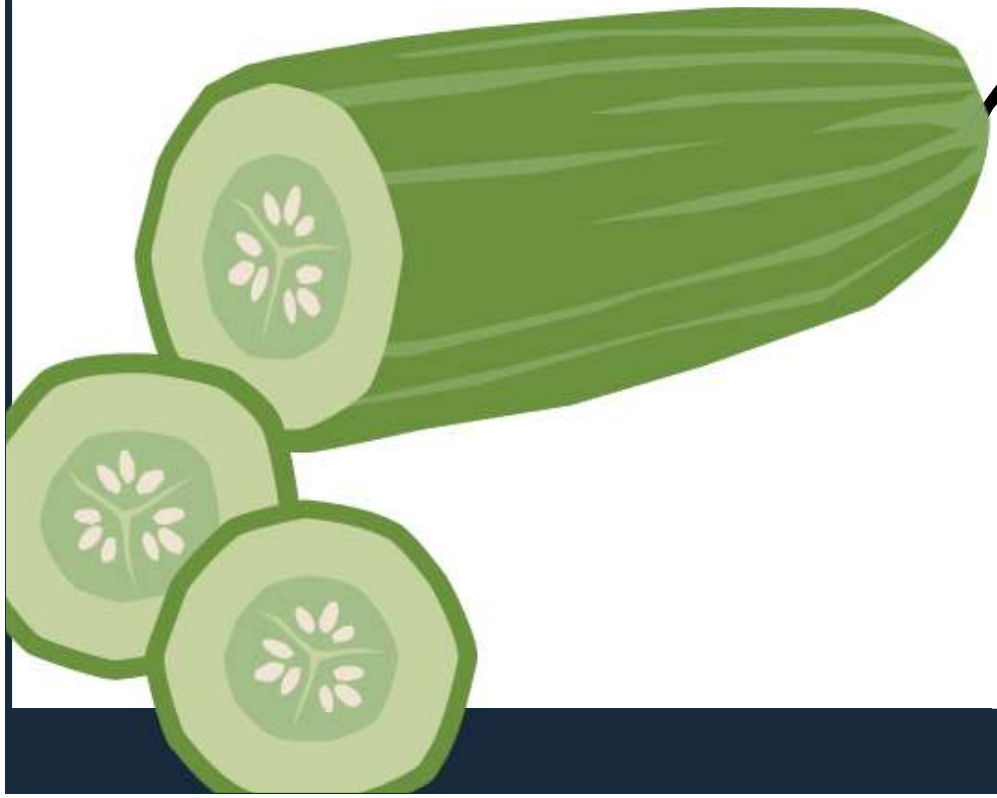
Which Subgroup Do I Belong To?

Dark green

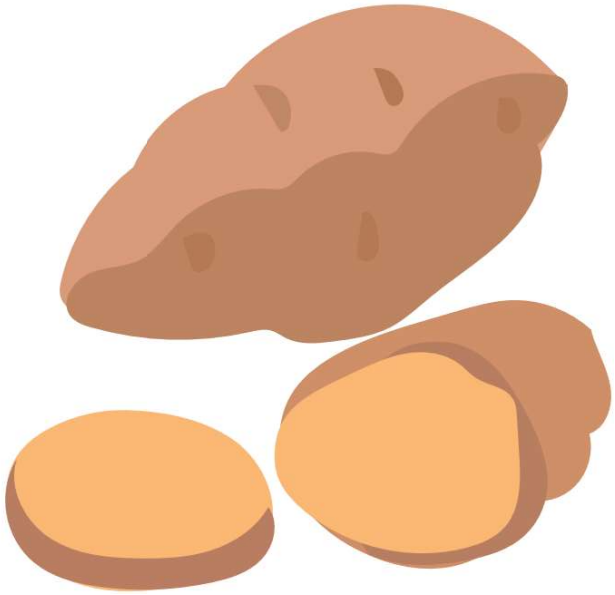
Which Subgroup Do I Belong To?

Starchy

Which Subgroup Do I Belong To?



Other

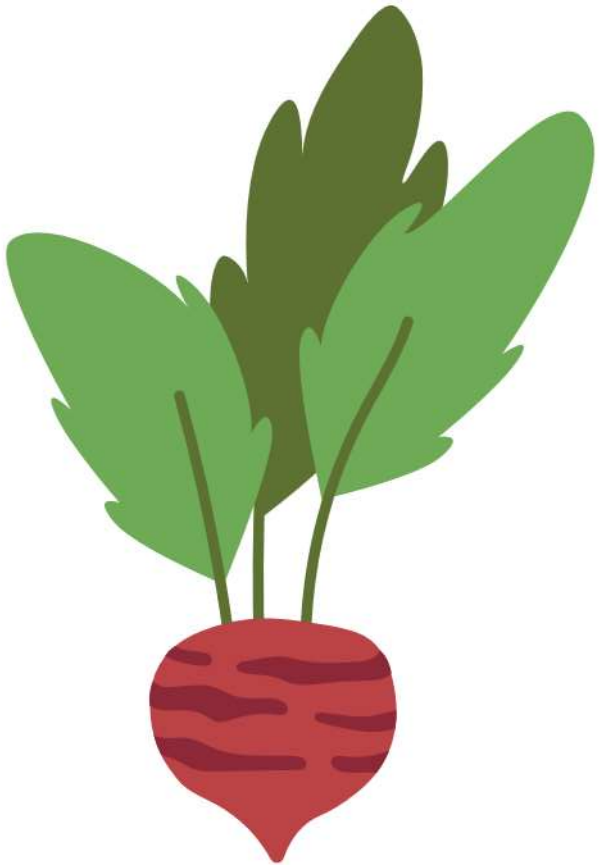


Which Subgroup Do I Belong To?

Red/orange

Which Subgroup Do I Belong To?

Other



Which Subgroup Do I Belong To?

Other

Beans, Peas, Lentils

- Beans, peas, & lentils can credit towards the vegetable component **OR** the meat/meat alternate component…but never both at the same time.
- Suggestion:
  - Side dish credit as Vegetable
  - Entrée = credit as MMA

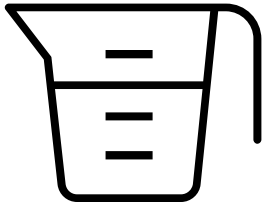
Maine Department of Education

Weight vs. Volume (space)

Weight	≠	Volume
4 oz	=	> ¾ cup

Crediting Vegetables

- What is a half-cup serving?
  - Romaine lettuce
  - Cherry tomatoes
  - Carrot Sticks



Food Buying Guide: Romaine Lettuce

Meal Component	Vegetables
Category	Dark Green Vegetables
Subcategory	LETTUCE
Food As Purchased (AP)	**Lettuce, fresh** Romaine, Chopped, Ready-to-use
Purchase Unit	2 lb Bag
Servings per Purchase Unit, Edible Portion (EP)	43.00
Serving Size per Meal Contribution ⓘ	1/2 cup raw vegetables pieces (credits as 1/4 cup in NSLP/SBP and CACFP)
Purchase Units for 100 Servings	2.40
Additional Information	2 lb AP = 2 lb (about 21-1/2 cups ready-to-serve lettuce)
Footnote	

Food Buying Guide: Cherry Tomatoes

Meal Component	Vegetables
Category	Red/Orange Vegetables
Subcategory	TOMATOES
Food As Purchased (AP)	**Tomatoes, fresh** Cherry, Whole with stem
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	6.05
Serving Size per Meal Contribution ⓘ	1/2 cup whole vegetable (about 6 whole cherry tomatoes)
Purchase Units for 100 Servings	16.60
Additional Information	1 lb AP = 0.99 lb (about 3 cups) stemmed, whole, ready-to-serve cherry tomatoes
Footnote	

Food Buying Guide: Carrot Sticks

Meal Component	Vegetables
Category	Red/Orange Vegetables
Subcategory	CARROTS
Food As Purchased (AP)	**Carrots, fresh** Without tops
Purchase Unit	Pound
Servings per Purchase Unit, Edible Portion (EP)	5.15
Serving Size per Meal Contribution ⓘ	1/2 cup raw vegetable strips (about 6 strips, 4 inch by 1/2 inch)
Purchase Units for 100 Servings	19.60
Additional Information	1 lb AP = 0.70 lb ready-to-cook, or serve raw carrot sticks
Footnote	

Vegetable Component Activity: Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	½ cup Carrots ½ cup Celery	¼ cup tomatoes ½ Cucumber	½ cup corn	½ cup lettuce ¼ cup broccoli	¼ cup peas ¼ cup carrots
9-12	½ cup Carrots ½ cup Celery	½ cup tomatoes ½ Cucumber	½ cup corn ½ cup beans	½ cup lettuce ½ cup broccoli	¼ cup peas ½ cup Fries

Review the vegetable options offered for lunch.
Does the amount offered meet the vegetable component criteria for lunch?

Maine Department of Education

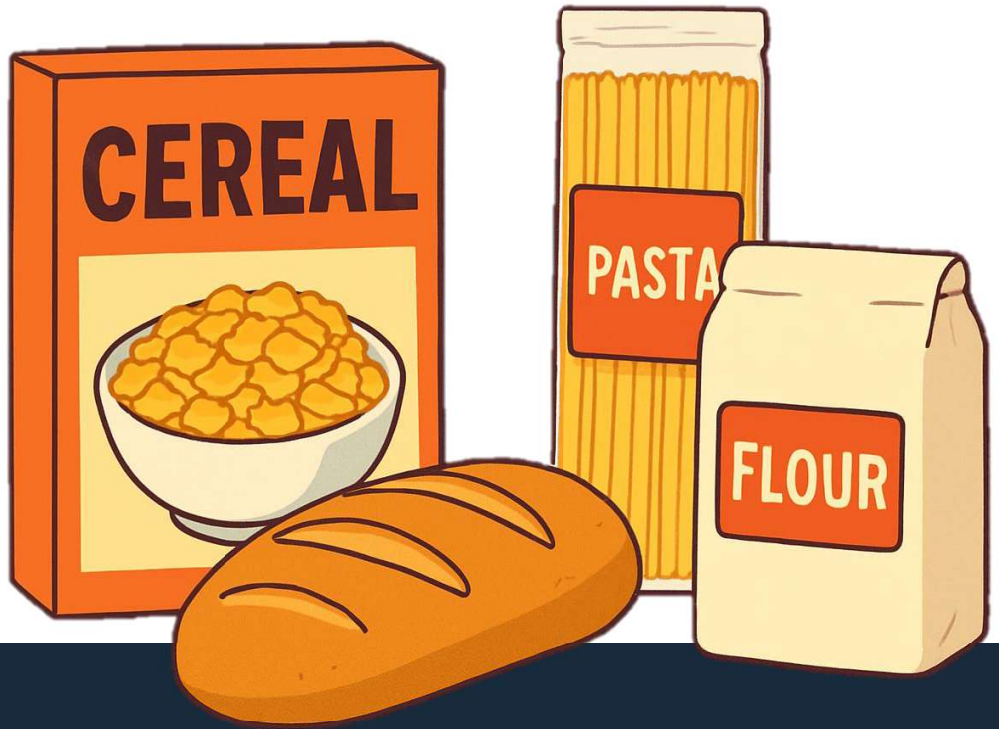
Vegetable Component Activity: Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	½ cup Carrots **Yes** ½ cup Celery	¼ cup tomatoes **Yes** ½ Cucumber	½ cup corn **No**	½ cup lettuce **No** ¼ cup broccoli	¼ cup peas **No** ¼ cup carrots
9-12	½ cup Carrots **Yes** ½ cup Celery	½ cup tomatoes **Yes** ½ Cucumber	½ cup corn **Yes** ½ cup beans	½ cup lettuce **No** ½ cup broccoli	¼ cup peas **No** ½ cup Fries

Review the vegetable options offered for lunch.
Does the amount offered meet the vegetable component criteria for lunch?

Maine Department of Education

Grain Component



Grains Component

- Measured in “Ounce equivalents” (oz eq)
  - Grain items have different densities
  - Creates a standardized unit that reflects the actual amount of creditable grain in a food item
- 80% of the weekly grains offered must be “whole grain-rich”
- No more than 2 oz eq per week of grain-based desserts

Crediting Grains: Ounce Equivalents (Oz Eq)

- 'Ounce Equivalents' is a standard unit of measure used to determine the amount of a food component (grain) in a serving of food (muffin)

- 1 ounce (unit of weight) = 28 grams
- **1 oz eq= 16 grams of grain**

- 1 ounce of a product by weight may or may not= 1 oz equivalent

Maine Department of Education

Grains Component: Lunch

Grains (ounce equivalent)		
	Daily	Weekly
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	2 oz eq	10 oz eq

Tip:
Plan 2 oz eq every day!

Grains Component: Breakfast

Grains (ounce equivalent)		
	Daily	Weekly
Grades K-5	1 oz eq	7 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	1 oz eq	9 oz eq

Tip:
Plan 2 oz eq every day!

Whole Grain Rich Requirement

- At least 80% of all grains offered over the week must be whole grain-rich
- Up to 20% of the grain items offered weekly can be made from enriched meal or flour
- Whole grain rich means the item is made from:
  - 100% whole grain ingredients (ex. Whole wheat flour); or
  - A blend of whole grain and enriched (ex. Half whole wheat flour & half enriched white flour)

Monday	Tuesday	Wednesday	Thursday	Friday
WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	WRG 2 oz. eq.	Enriched 2 oz. eq.

Maine Department of Education

Whole Grain (WG) Ingredients

Whole grain

- Whole grain (other grain)
- Whole wheat
- Stoneground whole (grain)
- Brown rice
- Oats, oatmeal
- Wheatberries
- Wild rice
- Quinoa
- Graham flour

NOT whole grain

- Enriched flour
- Wheat flour
- Degerminated corn meal
- Bran
- Wheat germ
- Semolina

Maine Department of Education

Whole Grain Rich – Don't be fooled!

- Whole grain should be the primary grain ingredient by weight
  - First ingredient listed: whole grain ingredient, such as "whole grain" or "whole wheat" OR
  - First ingredient listed: "water", then whole grain ingredient

Maine Department of Education

Grain-based Desserts

- A grain food that is typically considered a dessert or sweet treat
- Higher in added sugars such as toaster pastries, coffee cake, doughnuts, sweet rolls, pie crusts, cookies, cakes, etc.

Maine Department of Education

Grain-based Desserts

- NSLP - No more than 2 oz eq/week
- SBP - No limit on amount, only restricts the types that may be offered.
  - cookies, pies, cobbler, brownies, cake not allowed

- Identified on ‘Exhibit A’ (handout) with a superscript of 3, 4, or 5

Maine Department of Education

Grain Contribution Comes from Multiple Sources

- A grain product (roll)
- Combination item (pizza or the breading of a chicken tender)

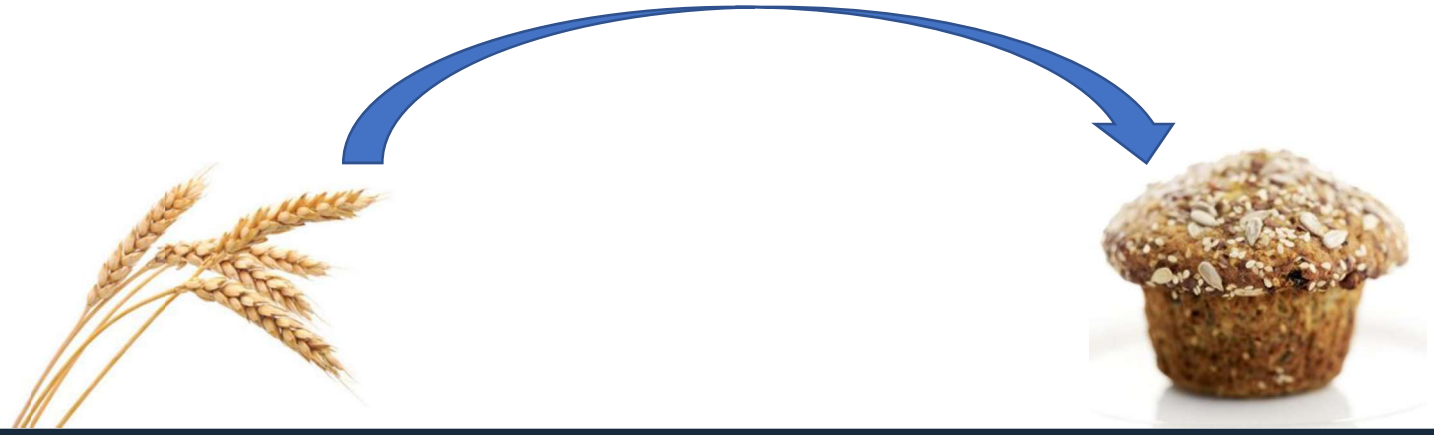
Maine Department of Education

Planning Menus with Grains

Maine Department of Education

Crediting Grains

- Grain items contribute to the meal pattern by the weight of the creditable grains in the item
- Determining the actual amount of a food component (ex. grain) in a food product (ex. muffin).



Crediting Grains

- There are different methods for crediting grains:
  1. FBG ‘Exhibit A’ grain chart
  2. Product Formulation Statement from manufacturer
  3. Calculate ounce equivalent per serving based on the weight of creditable grains (recipe)
  4. If a combination item with M/MA, a CN label

Maine Department of Education

Four Ways To Determine How Grain Products Credit Toward the Meal Pattern Requirements

1 Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs[1, 2]

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	**Ounce Equivalent (oz eq) for Group A**	**Minimum Serving Size for Group A**
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) *Note: weights apply to bread in stuffing*	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz

Example: 11 grams or 0.4 ounces of whole grain-rich crackers provides 0.5 oz eq grains

2 The Food Buying Guide

1 ½ cups of popcorn provides 0.5 oz eq grains

POPCORN			
Popcorn, popped	Pound	45.50	3/4 cup popped provides 1/4 oz equivalent grains
	Pound	22.75	1-1/2 cup popped provides 1/2 oz equivalent grains
	Pound	11.38	3 cup popped provides 1 oz equivalent grains

3 The Recipe Analysis Workbook (RAW)

4 Manufacturer's Documentation Child Nutrition (CN) Label

Chicken Breast Nugget

Ingredient Statement: Chicken breasted with whole wheat flour, canola oil, dried onion flakes, garlic powder, paprika.

CN XXXXXX

Each 3.00 oz. serving of Chicken Breast Nuggets (twelve 0.25 oz. pieces) provides 2.00 oz. equivalent meat and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy).

CN CN CN

Grains Contribution

Net Wt.: 33.3 pounds

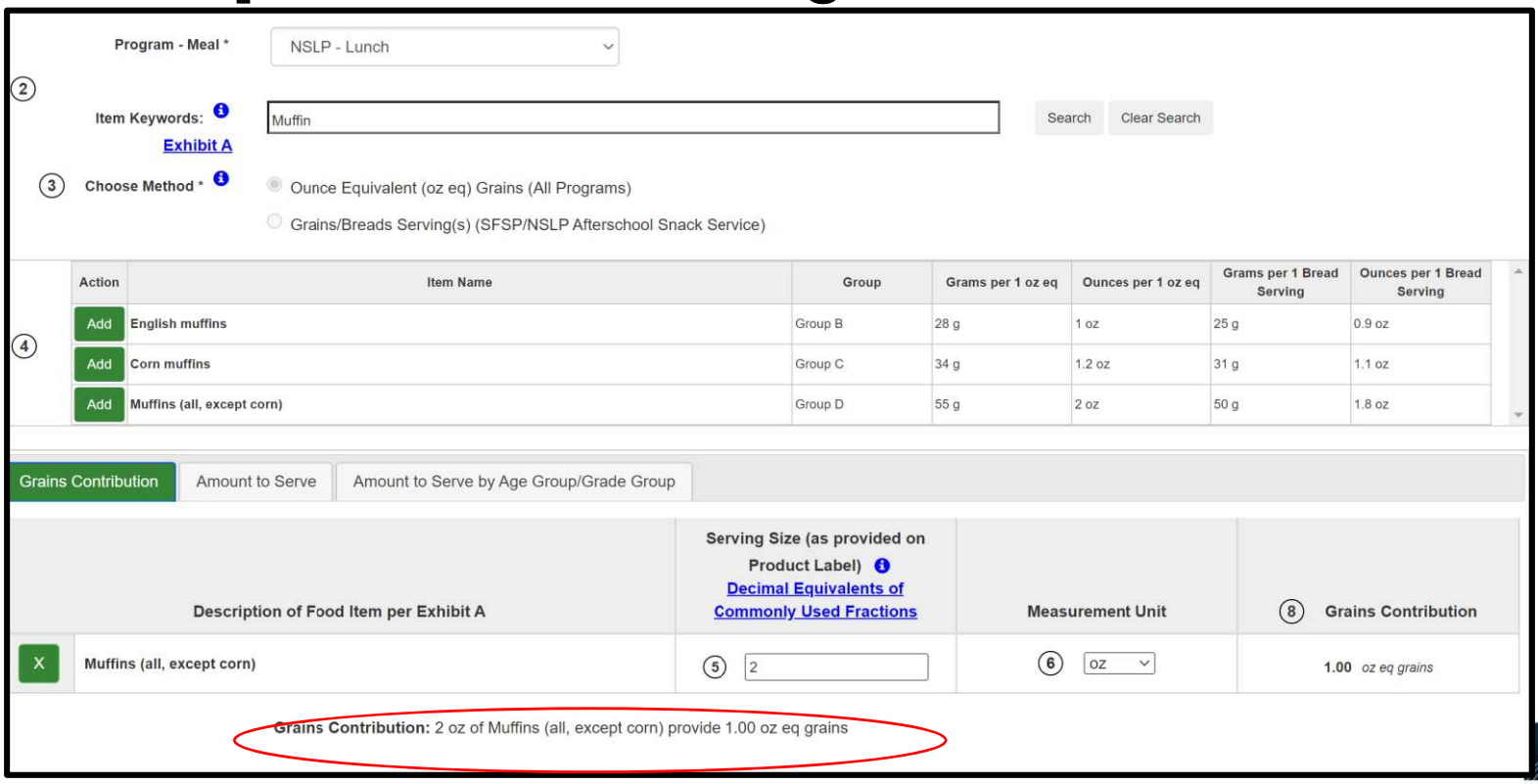
Maine Department of Education

USDA's FBG Exhibit A Grains Tool

foodbuyingguide.fns.usda.gov

Maine Department of Education

Example: Blueberry Muffins



Maine Department of Education

Crediting Grains: Food Buying Guide Exhibit A

- Provides a general guideline for crediting prepared grain items.
- Categorizes grain items into groups by weight of the item

  Group A – croutons, crackers, pretzels

  Group B – Bread, bagels, tortillas

  Group C – cornbread, pancakes, croissants, cookies

  Group D – Donuts, cereal bars, sweet rolls

  Group E – French toast, donuts, cereal bars, sweet rolls
  (frosted, w/ nuts, fruit, chips)

  Group F – Cake, coffee cake

Maine Department of Education

How many croutons should I put on a salad?

Crediting Grains: Exhibit A Grain Chart

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating	1 oz eq = 22 gm or 0.8 oz	1 serving = 20 gm or 0.7 oz
Bread sticks (hard)	¾ oz eq = 17 gm or 0.6 oz	¾ serving = 15 gm or 0.5 oz
Chow Mein noodles	½ oz eq = 11 gm or 0.4 oz	½ serving = 10 gm or 0.4 oz
Savory Crackers (saltines and snack crackers)	¼ oz eq = 6 gm or 0.2 oz	¼ serving = 5 gm or 0.2 oz
Croutons		
Pretzels (hard)		
Stuffing (dry) Note: weights apply to bread in stuffing		

Step 1: find the product in a group on the left-hand side of the chart.

Step 2: look under the Ounce Equivalent column for NSLP/SBP to determine the minimum serving size per Oz Eq for that product.

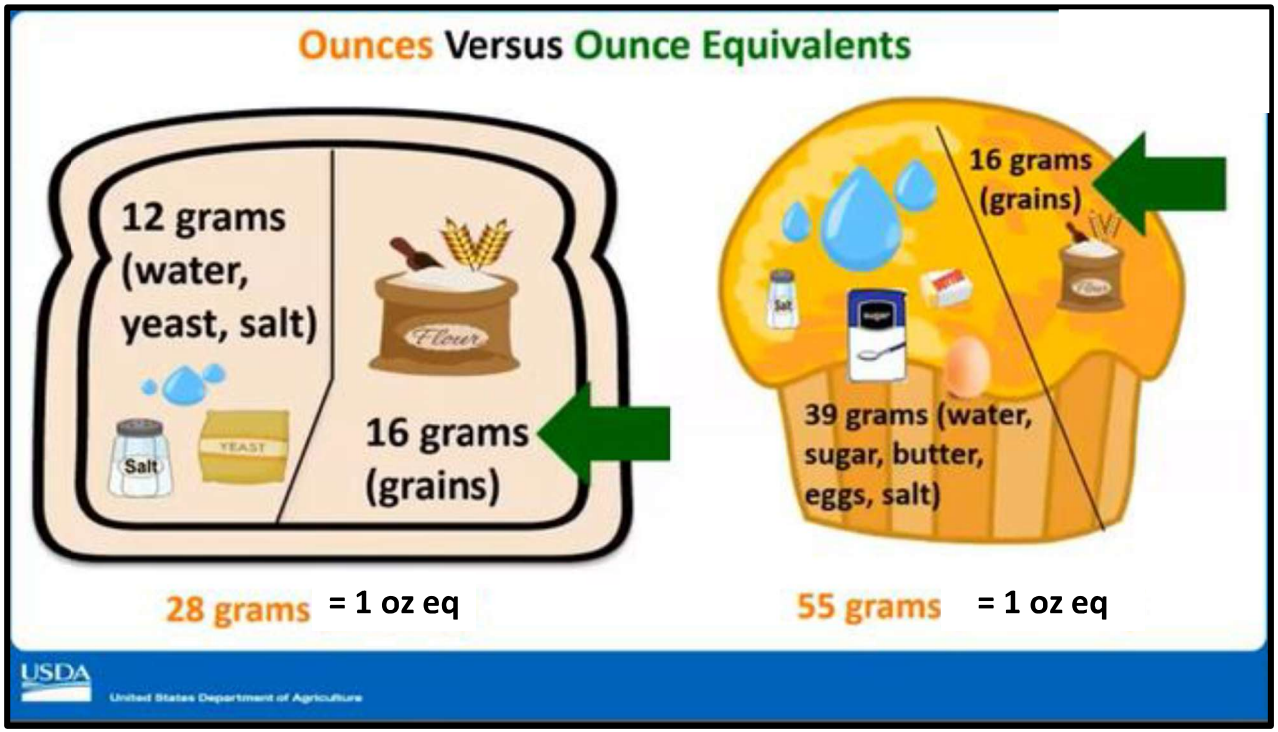
Maine Department of Education

Exhibit A Grain Chart

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
Group B	**Ounce Equivalent (oz eq) for Group B**	**Minimum Serving Size for Group B**
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers[5] (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
Group C	**Ounce Equivalent (oz eq) for Group C**	**Minimum Serving Size for Group C**
Cookies[3] (plain - includes vanilla wafers) Cornbread	1 oz eq = 34 gm or 1.2 oz ¾ oz eq = 26 gm or 0.9 oz	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars[4] (with nuts, dried fruit, and/or chocolate pieces) Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts[4] (cake and yeast raised, frosted or glazed) French toast Sweet rolls[4] (frosted) Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz ¾ oz eq = 52 gm or 1.8 oz ½ oz eq = 35 gm or 1.2 oz ¼ oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
Group F	**Ounce Equivalent (oz eq) for Group F**	**Minimum Serving Size for Group F**
Cake[3] (plain, unfrosted) Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz ¾ oz eq = 62 gm or 2.2 oz ½ oz eq = 41 gm or 1.5 oz ¼ oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
Group G	**Ounce Equivalent (oz eq) for Group G**	**Minimum Serving Size for Group G**
Brownies[3] (plain) Cake[3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz ¾ oz eq = 94 gm or 3.3 oz ½ oz eq = 63 gm or 2.2 oz ¼ oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
Group H	**Ounce Equivalent (oz eq) for Group H**	**Minimum Serving Size for Group H**
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked)[6,7] Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry

Exhibit A:
Sliced Bread (Group B) vs Muffin (Group D)



Rounding Rule of Crediting

- **Always round down to the nearest quarter (0.25) ounce**

ROUND DOWN

1.72 → 1.5

.24 → 0

Activity: Crediting Grains

- Review Nutrition Facts Labels for grain items:
  - Granola
  - Pancakes, plain
  - Pretzels
  - Tortilla, flour
  - Oatmeal
  - Waffles, homemade
  - Granola bar
  - Egg Noodles
  - Whole wheat bread
  - Crackers

Step 1: Find group on Exhibit A

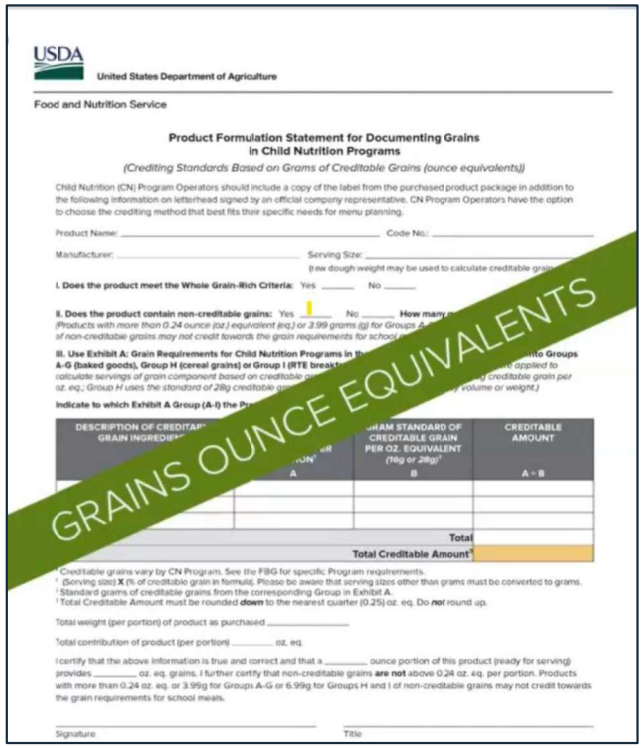
Step 2: Determine ounce equivalents

- Hint: 28 grams= 1 ounce

Product	Group- Exhibit A	Ounce Equivalents
Granola	Group I	**1 oz eq.** (1 ounce granola= 1 oz eq)
Pancakes, plain	Group C	**1 oz eq.** (38 g/28 g= 1.35 oz 1.35 oz/1.2 oz eq= 1.12)
Pretzels	Group A	**1.25 oz eq** (0.8 oz= 1 oz eq) 1 oz/0.8= 1.25 oz eq
Tortilla, flour	Group B	**1.25 oz eq** 35 g/28= 1.25 oz 1 oz= 1 oz eq.
Oatmeal	Group H	**1 oz eq.** 1 oz eq= ½ cup cooked

Product	Group- Exhibit A	Ounce Equivalents
Waffles, homemade	Group C	**2 oz eq** 75 g/28= 2.67 oz 2.67/1.2= 2.22
Granola bar	Group D	**½ oz eq** 1 oz= ½ oz eq.
Egg Noodles	Group H	**1 oz eq** 1 oz eq= ½ cup cooked
Whole Wheat Bread	Group B	**1 oz eq** 1 oz= 1 oz eq
Crackers	Group A	**½ oz eq.** 12 g/28= 0.42 oz 0.42/.8= 0.52 oz eq

Crediting Grains: Product Formulation Statement



USDA

United States Department of Agriculture

Food and Nutrition Service

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(Crediting Standards Based on Grams of Creditable Grains (ounce equivalents))

Child Nutrition (CN) Program Operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. CN Program Operators have the option to choose the crediting method that best fits their specific needs for menu planning.

Product Name: _____ Code No.: _____

Manufacturer: _____ Serving Size: _____

(raw dough weight may be used to calculate creditable grain)

I. **Does the product meet the Whole Grain-Rich Criteria:** Yes _____ No _____

II. **Does the product contain non-creditable grains:** Yes _____ No _____ **How many**

(Products with more than 0.24 ounce (oz.) equivalent (eq.) or 3.99 grams (g) for Groups A-

of non-creditable grains may not credit towards the grain requirements for school

III. **Use Exhibit A: Grain Requirements for Child Nutrition Programs in th** **into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakf** *applied to calculate servings of grain component based on creditable* *creditable grain per oz. eq.; Group H uses the standard of 28g creditable gr* *volume or weight.)*

Indicate to which Exhibit A Group (A-I) the Pr

DESCRIPTION OF CREDITAB GRAIN INGREDIE	[illegible] A	GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g)[2] B	CREDITABLE AMOUNT A ÷ B
		Total	
		Total Creditable Amount[3]	

GRAINS OUNCE EQUIVALENTS

[1] Creditable grains vary by CN Program. See the FBG for specific Program requirements.
[2] (Serving size) **X** (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
[3] Standard grams of creditable grains from the corresponding Group in Exhibit A.
[4] Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz. eq. Do ***not*** round up.

Total weight (per portion) of product as purchased _____

Total contribution of product (per portion) _____ oz. eq.

I certify that the above information is true and correct and that a _____ ounce portion of this product (ready for serving) provides _____ oz. eq. grains. I further certify that non-creditable grains **are not** above 0.24 oz. eq. per portion. Products with more than 0.24 oz. eq. or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.

_____ _____

Signature Title

Maine Department of Education

Crediting Grains: Scratch-Made Items

Convert grams of grain in recipe…

to grain oz eq/serving

Total grams of grain (whole grain + enriched)

÷

Number of servings in recipe

÷

16 grams of creditable grain/oz eq

Maine Department of Education

Crediting Grains: Scratch-Made Items

How does 1 muffin credit?

120 grams of flour = 1 cup

Total Grams of Grain: 2 ½ cups of flour x 120 grams = 300 grams

Total Grams of Grain / # of servings / 16 grams

300g / 12 servings / 16 g = **1.5 oz eq**

INGREDIENTS

Yield: 12 muffins

½ cup melted unsalted butter, more for greasing tins

2½ cups whole wheat flour, preferably pastry flour

¾ to 1 cup sugar, depending on sweetness of fruit

2 teaspoons baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1 cup mashed or puréed banana, sweet potato, apple, zucchini, cooked or canned pumpkin, or other fruits or vegetables

1 egg, beaten

½ cup buttermilk

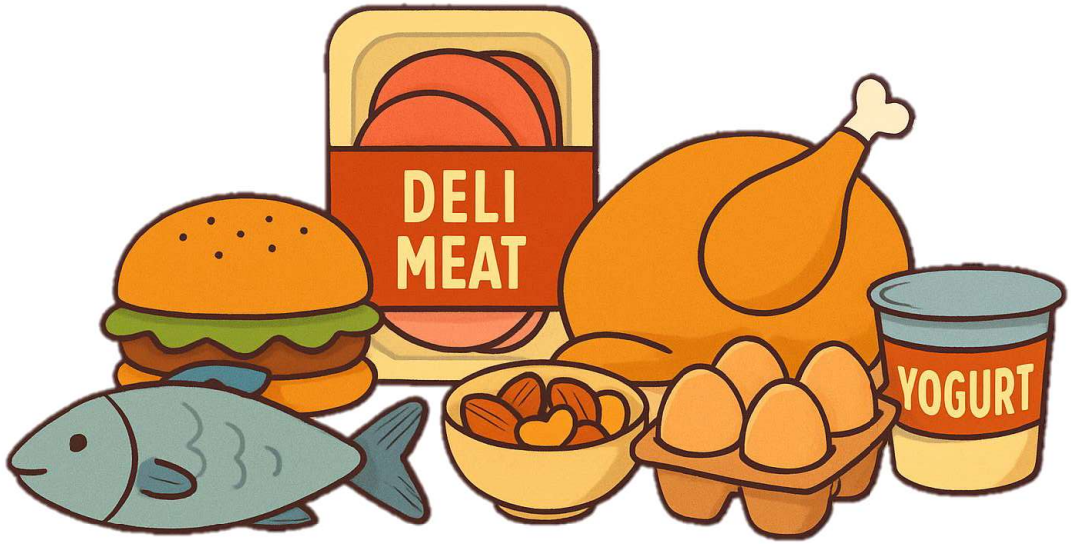
Maine Department of Education

Want An Easier Way?

Weigh cooked item on a scale! Compare to Exhibit A

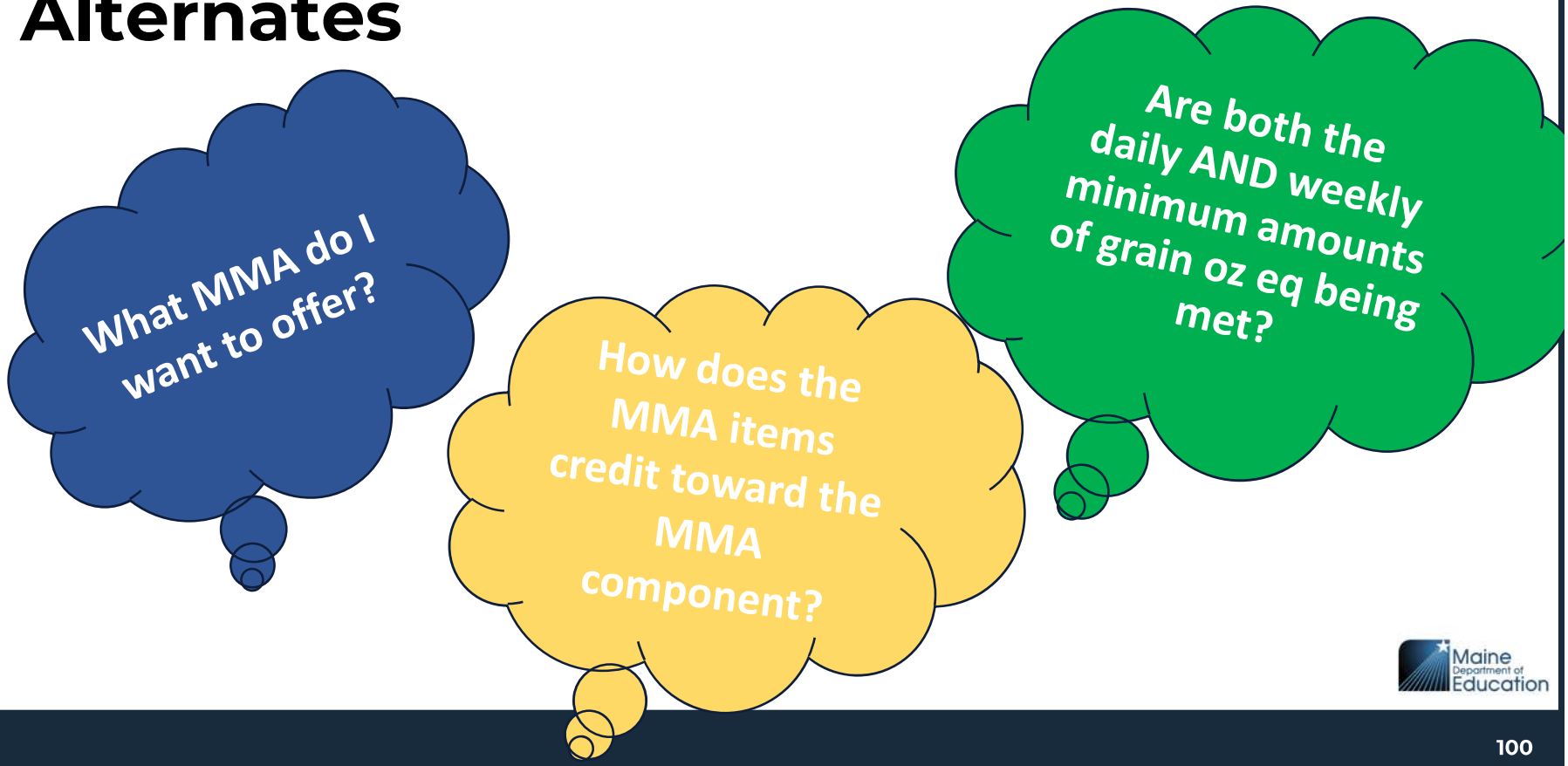
Maine Department of Education

Meat/Meat Alternate Component



Maine Department of Education

Planning Menus with Meat/Meat Alternates



Maine Department of Education

Meats/Meat Alternates Component

- Measured in ounce equivalents (oz eq)
  - Amount of the food that represents 1 ounce of edible portion of lean meat without the bone
- Includes:
  - Fresh & frozen meats
  - Processed meats
  - Canned meats
  - Meat alternates

Maine Department of Education

Meat/Meat Alternates Component: Lunch

M/MA (ounce equivalent)		
	Daily	Weekly
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	9 oz eq
Grades 9-12	2 oz eq	10 oz eq

Maine Department of Education

Meat/Meat Alternate Component: <u>Breakfast</u>

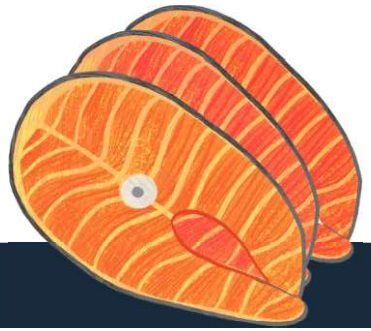
- Not a required component to be offered at breakfast
- If offered, counts toward the Grain/MMA component*

*effective SY25

Maine Department of Education

Meat/Meat Alternate (MMA) Component

- Meat Sources: Beef, poultry, pork & fish
- Meat Alternate Sources: eggs, yogurt, cheese, legumes, tofu, nut butters
  - Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces*
- Beans/legumes may count as either M/MA or vegetable



Maine Department of Education

*As of 7/1/2025

Crediting M/MA: Ounce Equivalents

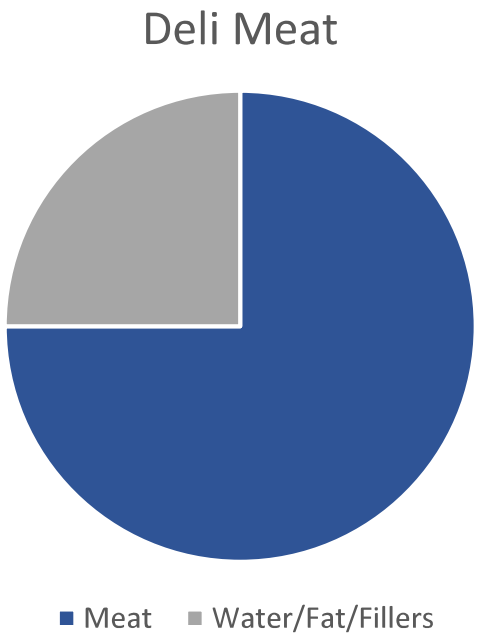
- **Lean, whole muscle meat** = credits oz for oz
    - Boneless chicken
    - Beef or pork roast
- **Bone-in meats** = only credit edible portion
    - Chicken drumsticks
    - Pork chops

  Ex. 1 (3.7oz) drumstick w/ bone & skin = 1.5 oz cooked meat (Food Buying Guide)
- **Ground meats** = use Food Buying Guide for crediting
    - Beef, pork, chicken, turkey
    - 1 lb of 85% ground beef= 0.75 lb cooked meat

Maine Department of Education

Crediting M/MA: Ounce Equivalents

Meat/meat alternates contribute to the meal pattern by the weight of the credible meat/meat alternative in the product



Crediting M/MA: Ounce Equivalents

2 oz

2 oz

≠

2 oz eq

Maine Department of Education

Crediting Common M/MAs

Amount	Ounce Equivalent (oz. eq.)
1 ounce boneless meat, poultry, fish	1 oz eq
2.2 oz or ¼ cup tofu*	1 oz eq
2 Tbsp peanut butter	1 oz eq
1 large egg	2 oz eq
1 ounce cheese	1 oz eq
¼ cup shredded cheese	1 oz eq
½ cup cooked beans	1 oz eq
1.2 cup (4 oz) yogurt	1 oz eq
1.6 oz deli turkey	1 oz eq
1.2 oz deli ham	1 oz eq

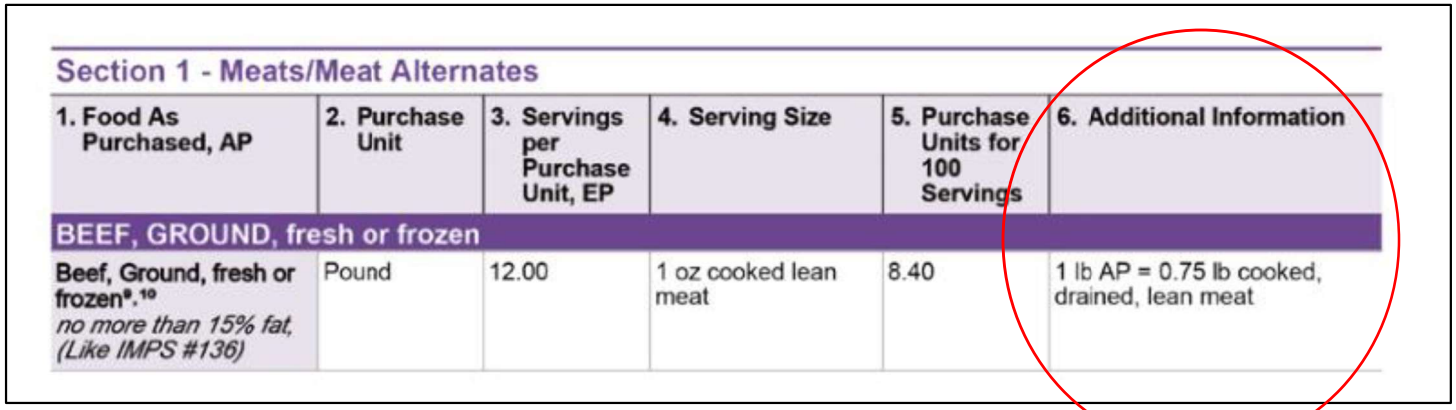
* Tofu must contain 5 gm protein per 1 ounce

How to Determine How Much MMA in a Product

- ✓Food Buying Guide (FBG)
- ✓Documentation from manufacturer:
  - Child Nutrition (CN) Labels
  - Product Formulation Statement (PFS)
- ✓USDA Foods Information Sheets (for ‘brown box’ items)

Maine Department of Education

FBG: Raw vs. Cooked Weight



Section 1 - Meats/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size	5. Purchase Units for 100 Servings	6. Additional Information
BEEF, GROUND, fresh or frozen					
Beef, Ground, fresh or frozen[9,10] *no more than 15% fat, (Like IMPS #136)*	Pound	12.00	1 oz cooked lean meat	8.40	1 lb AP = 0.75 lb cooked, drained, lean meat

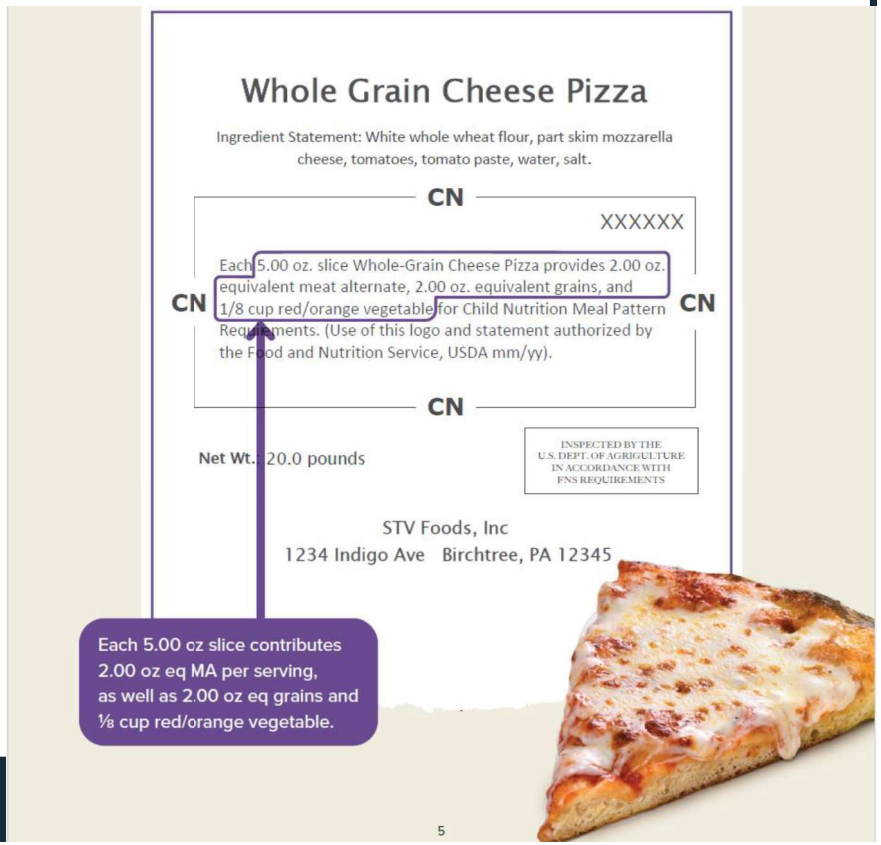
How much M/MA does a 2.5 oz raw beef patty credit as?

1.75 oz M/MA

Maine Department of Education

Child Nutrition (CN) Labels

- Voluntary program for manufacturers (not required by USDA)
- Provides documentation of how the product contributes to the meal pattern
- Distinctive look- do not confuse with Nutrition Facts Labels!
- MMA and MMA/Grain products only



Child Nutrition (CN) Label

Pizza Cheese Pizza

CN

000000*

Each 5.00 oz portion of Cheese Pizza provides 2.00 oz equivalent meat alternate, 1/4 cup serving of vegetable, and 1.50 servings of bread alternate for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 06/04**).

CN CN

CN

Maine Department of Education

Which of these products may have a CN label?

a) Sausage links
b) Bagged apple slices
c) Cereal bowl
d) Cheese filled breadstick

Which of these products may have a CN label?

a) Sausage links

b) Bagged apple slices

c) Cereal bowl

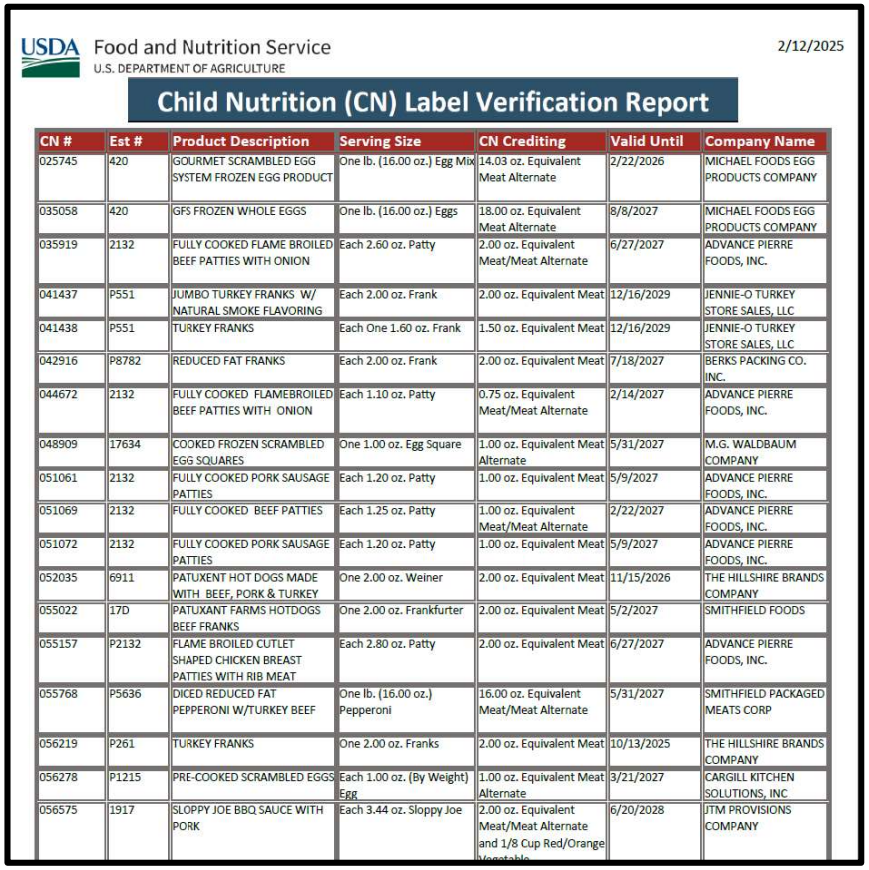
d) Cheese filled breadstick

Crediting Commercially Produced Foods

- Need information from the manufacturer:
  - Child Nutrition (CN) Labels
  - Product Formulation Statements

- Chicken burger/nuggets
- Meatballs
- Fish sticks
- Corn dog
- Pizza
- Veggie Burger
- Ravioli/lasagna

Maine Department of Education



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

2/12/2025

Child Nutrition (CN) Label Verification Report

CN #	Est #	Product Description	Serving Size	CN Crediting	Valid Until	Company Name
025745	420	GOURMET SCRAMBLED EGG SYSTEM FROZEN EGG PRODUCT	One lb. (16.00 oz.) Egg Mix	14.03 oz. Equivalent Meat Alternate	2/22/2026	MICHAEL FOODS EGG PRODUCTS COMPANY
035058	420	GFS FROZEN WHOLE EGGS	One lb. (16.00 oz.) Eggs	18.00 oz. Equivalent Meat Alternate	8/8/2027	MICHAEL FOODS EGG PRODUCTS COMPANY
035919	2132	FULLY COOKED FLAME BROILED BEEF PATTIES WITH ONION	Each 2.60 oz. Patty	2.00 oz. Equivalent Meat/Meat Alternate	6/27/2027	ADVANCE PIERRE FOODS, INC.
041437	P551	JUMBO TURKEY FRANKS W/ NATURAL SMOKE FLAVORING	Each 2.00 oz. Frank	2.00 oz. Equivalent Meat	12/16/2029	JENNIE-O TURKEY STORE SALES, LLC
041438	P551	TURKEY FRANKS	Each One 1.60 oz. Frank	1.50 oz. Equivalent Meat	12/16/2029	JENNIE-O TURKEY STORE SALES, LLC
042916	P8782	REDUCED FAT FRANKS	Each 2.00 oz. Frank	2.00 oz. Equivalent Meat	7/18/2027	BERKS PACKING CO. INC.
044672	2132	FULLY COOKED FLAMEBROILED BEEF PATTIES WITH ONION	Each 1.10 oz. Patty	0.75 oz. Equivalent Meat/Meat Alternate	2/14/2027	ADVANCE PIERRE FOODS, INC.
048909	17634	COOKED FROZEN SCRAMBLED EGG SQUARES	One 1.00 oz. Egg Square	1.00 oz. Equivalent Meat Alternate	5/31/2027	M.G. WALDBAUM COMPANY
051061	2132	FULLY COOKED PORK SAUSAGE PATTIES	Each 1.20 oz. Patty	1.00 oz. Equivalent Meat	5/9/2027	ADVANCE PIERRE FOODS, INC.
051069	2132	FULLY COOKED BEEF PATTIES	Each 1.25 oz. Patty	1.00 oz. Equivalent Meat/Meat Alternate	2/22/2027	ADVANCE PIERRE FOODS, INC.
051072	2132	FULLY COOKED PORK SAUSAGE PATTIES	Each 1.20 oz. Patty	1.00 oz. Equivalent Meat	5/9/2027	ADVANCE PIERRE FOODS, INC.
052035	6911	PATUXENT HOT DOGS MADE WITH BEEF, PORK & TURKEY	One 2.00 oz. Weiner	2.00 oz. Equivalent Meat	11/15/2026	THE HILLSHIRE BRANDS COMPANY
055022	17D	PATUXANT FARMS HOTDOGS BEEF FRANKS	One 2.00 oz. Frankfurter	2.00 oz. Equivalent Meat	5/2/2027	SMITHFIELD FOODS
055157	P2132	FLAME BROILED CUTLET SHAPED CHICKEN BREAST PATTIES WITH RIB MEAT	Each 2.80 oz. Patty	2.00 oz. Equivalent Meat	6/27/2027	ADVANCE PIERRE FOODS, INC.
055768	P5636	DICED REDUCED FAT PEPPERONI W/TURKEY BEEF	One lb. (16.00 oz.) Pepperoni	16.00 oz. Equivalent Meat/Meat Alternate	5/31/2027	SMITHFIELD PACKAGED MEATS CORP
056219	P261	TURKEY FRANKS	One 2.00 oz. Franks	2.00 oz. Equivalent Meat	10/13/2025	THE HILLSHIRE BRANDS COMPANY
056278	P1215	PRE-COOKED SCRAMBLED EGGS	Each 1.00 oz. (By Weight) Egg	1.00 oz. Equivalent Meat Alternate	3/21/2027	CARGILL KITCHEN SOLUTIONS, INC
056575	1917	SLOPPY JOE BBQ SAUCE WITH PORK	Each 3.44 oz. Sloppy Joe	2.00 oz. Equivalent Meat/Meat Alternate and 1/8 Cup Red/Orange Vegetable	6/20/2028	JTM PROVISIONS COMPANY

https://www.fns.usda.gov/cn/labeling/authorized-labels-manufacturers

Maine Department of Education

Product Formulation Statement (PFS)

Example PFS – Honey Lime Chopped Chicken

When a CN label is not available, Program operators may request that the manufacturer provide a PFS to show how the creditable ingredients in the product contribute toward the meal pattern requirements for M/MA, fruits, vegetables (including subgroups), and grains.

⚠ USDA does not approve Product Formulation Statements. Program operators are responsible for verifying and keeping records of the PFS. Always evaluate the PFS using the USDA's PFS Tip Sheet before adding it to your menu. (https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs)

Product Name: Honey Lime Chopped Chicken **Product Code:** X345
Serving Size: 2 oz **Date:** 9/22/2021

Meat

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Creditable Amount (A x B)
Chicken Parts, fresh or frozen, Thighs. *With backs. With bone. With skin. (about 8.7 oz each),* cooked poultry without skin	3.84 oz	0.33 /lb	1.2672 oz
Total Meat Creditable Amount:			1.2672 oz

Fruit

Description of Creditable Ingredients per FBG	Ounce per Raw Portion of Creditable Ingredient (A)	FBG Yield (B)	Purchase Unit (C)	Creditable Amount (A x B / C)
Juices, canned, Single strength (100% fruit juice such as apple, grape, grapefruit, grapefruit- orange, lemon, lime, orange, pineapple, prune, tangerine), fruit juice	0.16 oz	48.00	96.00 oz	0.0800 /14 cups
Total Creditable Fruit Amount:				0.0200 cups

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **2 oz** ounce serving of the above product (ready for serving) provides **1.25** ounces of equivalent meat/meat alternate when prepared according to directions.

2 oz of Honey Lime Chicken provides 1.25 oz eq of Meat.

Maine Department of Education

USDA

United States Department of Agriculture

USDA Foods in Schools

110851 - Alaska Pollock Fish Sticks

Category: Meat/Meat Alternate

Product Description

- This item is uncooked, oven-ready, single frozen Alaska Pollock fish sticks made from deep skinned fillet, with a whole grain-rich breading. This product is delivered frozen in cases containing four 10-pound packages or eight 5-pound packages.

Crediting/Yield

- One case of Alaska Pollock fish sticks provides about 320 2-ounce portions.
- CN Crediting: 2 ounces of Alaska Pollock fish sticks credit as 1 ounce equivalent meat/meat alternate and 1/2 ounce equivalent grain. Please use the CN label or product formulation statement to confirm crediting information.

Nutrition Facts

Serving size: 2 ounces (57g)/1 MMA whole grain-rich breaded fish sticks

Amount Per Serving	
Calories	105
Total Fat	5g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	20mg
Sodium	200mg
Total Carbohydrate	11g
Dietary Fiber	0g
Sugars	0g
Protein	6g

Source: USDA Foods Vendor Labels

Maine Department of Education

Non-Creditable "Extra" Foods

- Do not count as a food component
- Contribute to the average calorie & sodium weekly requirements

  - Imitation Cheese
  - Cream Cheese, sour cream, ice cream
  - Pudding
  - Bacon, Salami
  - Potato chips
  - Condiments

Tip:
If not in FBG, likely does not credit!

Maine Department of Education

Putting it all together

- Deconstructed cheeseburger

Questions to ask:

- What kind/how much ground beef? Pre-cooked or raw?
- How much cheese are you putting on each burger?
- What does the bun weigh?
- How much of each vegetable are you putting on each burger?

Which crediting tools will you use for each component?

Maine Department of Education

Putting it all together

- Deconstructed cheeseburger
- Burger patty:
  - Pre-cooked: CN label/PFS
  - Raw burger: Food Buying Guide
    - i.e. 1 lb of 85% ground beef= 0.75 lb cooked meat
  - 3 oz raw portion = 2.25 oz eq MMA
- Cheese:
  - Hard cheeses credit ounce for ounce
  - Look at serving size on nutrition facts label
    - ½ ounce slice - 0.5 oz eq MMA (USDA foods American cheese)
- Hamburger Bun
  - Refer to label and Exhibit A Grain Chart

Maine Department of Education

Important!

- The product you serve must be the same as the one you are crediting.

USDA Crediting Tip Sheets

Fruits

Grains

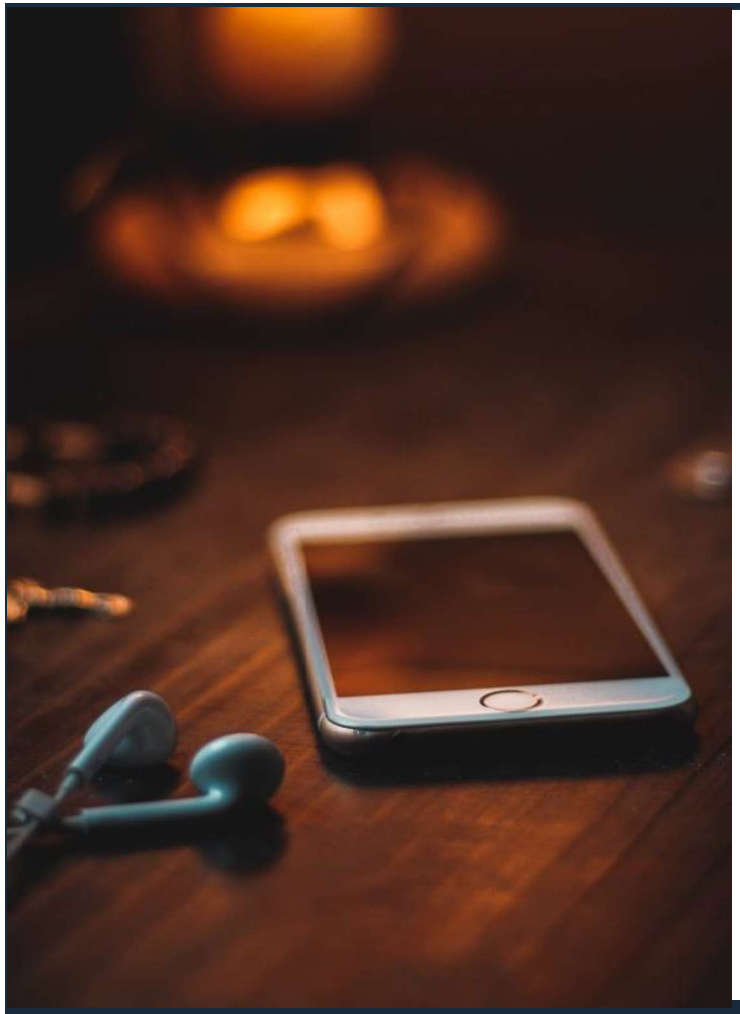
Meats/Meat Alternates

Milk

Vegetables

Maine Department of Education

Questions



Maine Department of Education

Stay Connected!

Find Us Online!

- www.maine.gov/doe
- @MaineDOEComm
- @mainedepted
- @mdoenews
- @MaineDepartmentofEducation1

Maine Department of Education